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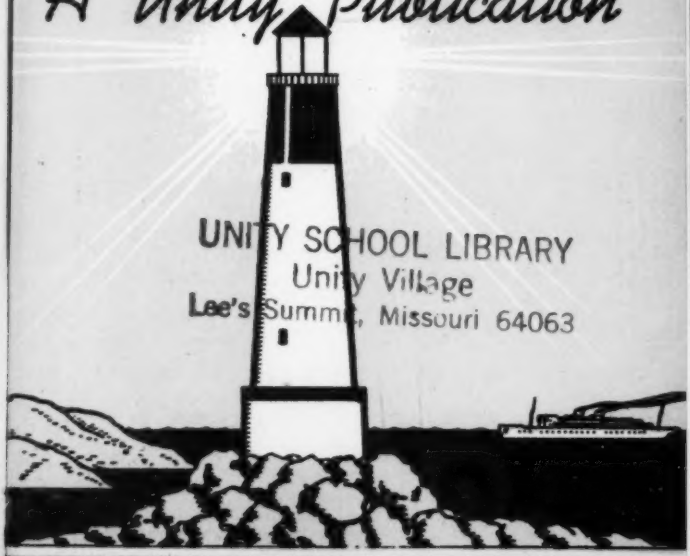
DAILY WORD

A Unity Publication



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For Each New Day...THE RIGHT WORD FOR YOUR INSPIRATION

AFFIRMATIONS

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SOCIETY OF SILENT UNITY

in which you are invited to join

December 20 to January 19

I understand Truth, and I use my understanding of Truth in all that I think and do.

★

The new life of Spirit heals every ill of my mind and my body, and I am a new creature in Christ Jesus.

★

The new understanding of omnipresent spirit substance prospers me in all ways.

Unity Daily Word is nonsectarian, published monthly. Single copies may be obtained at Unity libraries and newsstands at 15 cents. Subscription, $1 a year. Braille subscriptions are sent free to the blind who are familiar with grade 1½. These gifts are made possible by love offerings.

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Volume
Number

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

VOLUME 30
NUMBER 1

Unity Daily Word

JANUARY, 1939

PUBLISHED BY THE UNITY SCHOOL OF CHRISTIANITY
FORMERLY EDITED BY FRANK B. WHITNEY. NOW EDITED UNDER THE SUPERVISION OF SILENT UNITY.

SILENT UNITY COMMENTS

With the beginning of this new year DAILY WORD appears in a new cover, with other slight changes that we believe will please its many friends. Regardless of outer changes however, the Truth that its messages present is ageless, changeless, eternal.

Because we want DAILY WORD to continue to be "a little companion that daily directs your steps to the sun-tipped heights" of Truth, Silent Unity pours the rich substance of its love and blessing into every lesson, every article, every word of Truth that goes out from our hearts to yours. As you read each day's lesson and meditate upon the affirmation you are one in prayer not alone with Silent Unity but with the countless numbers of persons all over the world who, like yourself, have lifted their vision to the lighthouse of Truth and charted a straight course that will bring them safely into the harbor of joy and peace and plenty.

Silent Unity, the healing department of Unity School, is happy to minister to every person desiring help through prayer. Requests addressed to Silent Unity, 917 Tracy Ave., Kansas City, Mo., will receive immediate attention. Compensation is by love offerings.

I Walk in Newness

Beth Hinds

New life from the Father my body has blessed;
New strength and new vigor in me are expressed;
New concepts of substance are coming to me,
Ideas of plenty and prosperity.

New beauty I'm finding where once life seemed bare;
New joy thrills my being as blessings I share;
New kindliness glows from hearts of old friends;
New peace and new pleasure with happiness blends.

New light from the Father is blessing my soul;
New courage is leading me on toward my goal;
New knowledge of God and His Son are now mine
To make every day of the new year divine.

Beginning Again

NEW DAY, I greet you and all your many joys, your pleasant surprises, your good cheer and good times. Nought can you bring to me but good, for you are God's gift. You are the channel through which new blessings are borne to me.

I salute you, Present Time. I pledge myself to live in the glorious now. The things of the past are but steppingstones to that which blesses me today. Gone from my consciousness is memory of all adverse experiences, all personal problems, all petty trials, all limitations of the past. I live in the today. I live in the new day. I am awake to the eternal now.

Today my consciousness is purified by the purifying light of Christ. No darkened thought can lodge there. Today my mind is illumined by the presence of Truth. No adverse presence can have place in my mind.

Today my eyes are freed from every belief in poor vision. My eyes are the eyes of God, who lives within and sees through me. My vision is filled with the clear vision of Christ and I see Him in myself and in all people. My vision is holy and I consecrate it to the business of seeing that

which is high and noble.

Today my ears are freed from hearing evil reports. My ears are dedicated to God and through them I hear the voice of Spirit. The still small voice speaks and I hear distinctly. My ears are attuned to hearing harmony. The music of celestial spheres comes to me and within me responds the music of my inner joy.

My mouth no longer speaks evil. My mouth is the mouthpiece of God. He is within me and He speaks through me. I speak words of peace and harmony.

My nose is representative of that which senses good. I am not given to sensing evil and seeking it out. I detect the good wherever I am. My intuition discloses good in abundant measure.

My countenance shows forth the light of God within me. My face is the face of the divine, and in it is mirrored forth nought but the good and pure and beautiful. The light of His countenance is the light of my countenance.

Thus am I a new creature in a new world. I dedicate and consecrate myself and all that I am. I begin anew just as a newborn babe begins his life anew. My consciousness is renewed with new ideas. My body is renewed, regenerated, and re-

vitalized through the new life of Christ that sweeps through me.

My shoulders are mighty to bear every load. They are broad and powerful. They are too powerful to feel any sense of burden or responsibility.

My lungs are filled with the breath of God. No thought of separation can keep me from the universal breath of the Infinite. I am connected with the great unity of all life. My lungs are filled with the vitalizing ethers of Spirit.

My heart entertains no thought of malice, hatred, or hardness. The warm, tender love of God fills my heart and courses through my arteries.

My stomach and my bowels are filled with the purifying, cleansing life of Spirit. No congestion or impurity can remain within them. My stomach easily analyzes that which comes to it, and there are peace and harmony within it. My ability to analyze ideas manifests itself in my stomach as perfect digestion.

My kidneys and my generative organs are filled with the purifying, youthful life of Spirit. The invigorating life of God is now manifest within these organs.

My hands are clean and industrious. Through them I accomplish all that I set out to do. My

hands have the power to bless. My hands are God's hands.

My feet enable me to take a firm stand for God. My feet walk in the path of light. My feet know no hard conditions or stony ways. My feet are the feet of Spirit.

My loins manifest the strength and omnipotence of God. Nothing is too difficult or too strong for me to master. I am every whit strong.

My skin is that with which God has covered me to protect me. No external thing can irritate me. My skin is clear and healthy.

Every moment I begin again and I take a firmer and a stronger hold upon life. Each moment my body is renewed with the ever-renewing youth and life of Spirit. Each moment I express more and more of the spirit of the now and here.

I free all people from my former limiting concepts of them. Beloved, now are you free in Christ. You too have begun again and are daily expressing more of the spirit of the new day.

(EDITORIAL NOTE: This article was written several years ago by Frank B. Whitney and called forth many favorable comments. We have received so many requests for copies of it that we are at this time reprinting it.)

In Appreciation

BLESSED FRIENDS:

We wish to thank you for your expressions of approval and encouragement in relation to our editorial supervision of DAILY WORD. We have long been readers of it together with you. From the time of its inception DAILY WORD inspired us in starting our day's work. We have always felt our oneness with you, and now that the lessons are to come through our department we want you to know that we very much appreciate this opportunity to be even closer to you. Each morning as we take up the prayer for the day we include you with ourselves and feel that we are each and all being doubly blessed because of our conscious recognition of our oneness in spirit in what we are doing.

At this time we should like very much to share with you a letter that we found filed away in Mr. Whitney's desk. Because of Mr. Whitney's modesty about printing anything that might refer to him personally he hesitated to print it, but its commendation surely meant much to him and it does to us. We are sure that you join us in this approval:

My dear Mr. Whitney:

In a very kind letter received this morning from Kansas City I learn that the organization

in which you play so important a part has forwarded to you a few complimentary words, contained in a recent letter from me to Silent Unity, with reference to your good self and your work.

Upon consideration I feel that I should be remiss if I allowed you to feel that recognition of your true worth was only incidental to my interest in the larger organization. On the contrary.

Many years ago there was a great editor of a great newspaper in this country—Samuel Bowles, editor of the Springfield Republican. Came one day to him in his office a friend who said:

"Sam, you are a great editor. I believe you and Horace Greeley are the two greatest editors in America today. All your editorials are enlightening, but your greatest editorials are your shortest ones. Why don't you write more short editorials?"

Turning to his visitor, the great man replied:

"I'll tell you why I don't write more short editorials. I don't have time."

Any man or woman can write a theological treatise if they haven't anything better to do, but to get as much truth packed into twenty-one lines of pica type as you do every day in the 365 and not repeat yourself is genius.

Although I have been reading you for only

about six months, I have had more light shed in that time on the "cares that infest the day" than I ever have had before. And when I say that, my mind goes back to the time when I entered upon my newspaper career and the utterances of T. DeWitt Talmage and Henry Ward Beecher constituted my weekly religious bill of fare.

I don't know whether your work has been appreciated at its true worth by your contemporaries or by your readers, but in behalf of those who have been helped and have said nothing as well as those who have perhaps spoken I want to say as one writing man to another that both Unity and humanity are fortunate in possessing a Christian craftsman who is capable of condensing Truth as you do and making it live, move, and have its being on the printed page. Inspiration, concentration, unity—may the three under God continue to be your supreme aim.

I am, sir, with profoundest respect,

Yours very sincerely,
H. N. D.

We are having a great many requests to reprint articles, poems, and lessons by Mr. Whitney that once appeared in DAILY WORD, and we feel that we should comply with these requests. One of

our readers states that she has kept every magazine since the first issue, and although she has loaned the copies to others, she has always requested that they be returned to her for her own reference, since they are priceless to her. Another correspondent states that rereading the lessons from time to time helps to refresh and increase her understanding of Truth, since in just one reading of each day's lesson one does not absorb all the good there is in it. Innumerable letters reach us, requesting reprints of former DAILY WORD lessons. One of these we quote in part:

"All Unity books and papers appeal to me, but reading DAILY WORD has given me new life and happiness. Could these wonderful little pages be repeated under new dates? There is more in some than one could find in a sermon an hour long. I never could give such helpful things away, so have kept nearly all for years."

Because we believe that this is the wish of many DAILY WORD friends we shall from time to time reprint the inspiring words that Mr. Whitney wrote in the form of articles, poems, or lessons.

We too know that Truth is always the same and that it takes more than one reading of a Truth writing to appropriate all the good there is in it.

We appreciate very much the suggestions and comments from you, our friends, and we shall be glad to co-operate in doing whatever will be most helpful to you. God bless you!

SILENT UNITY.

MEDITATION

This one thing I know. There is an omnipresent God who is very close to me. He is an integral part of my being. He is my being. He is constantly with me. He is all-wise. His wisdom is my wisdom. His knowledge is my knowledge. He guides me in the way of righteousness. He is always pointing out my good. He truly loves me, and I truly love Him, the Father-Mother principle of my being and all mankind. His power is my power. His love is my love. His peace is my peace. His beauty is my beauty. I live in and through His perfection. I am one with the very essence of God. I recognize that essence in all whom I contact. My life is filled with expressions of Him: peace, joy, plenty, health, and love. I give thanks from the depths of my being, for I truly love and appreciate the Father of all creation. I am His and He is mine. Throughout all eternity we are one.

Morning

CHRISTIE LUND

I am as radiant as this morning;
I am as whole,
As beautiful, as much at peace,
As serene of soul.

God re-creates the morning.
He gives me power too
Each day to find perfection,
To re-create anew.

The morning proves His goodness;
Why should I doubt or fear?
I am as radiant as this morning,
And He is ever near.

TODAY I BEGIN LIFE ANEW, LEAVING EVERY VESTIGE OF THE PAST BEHIND. NOW I AM REBORN!

TODAY is a fresh, unused day, a newborn beginning of a bright new year. Gone are the mistakes and regrets of yesterday. Nothing can bind me to a repetition of unhappy circumstances. There is that in me which is greater than any weakness, mightier than any obstacle.

This very instant I take a new hold on life, confident that the Spirit of good is working for me. God enables me to make every moment a zestful experience. I am alive to life, alert to the beauties about me, awake to new opportunities. I look upon life as fresh and vital, because I am renewed in mind and heart.

All my aspirations are capable of fulfillment. I refuse to pity myself or turn backward toward other days. One aim, one goal, one objective is my unerring beacon: To be so eager for the good, to love it so intensely, that I shall no longer pay heed to adversity.

♣ *Now we are delivered . . . that we should serve in newness of spirit.*—ROM. 7:6 (A. V.).

Monday JANUARY 2

I ASPIRE TOWARD THE HEIGHTS, AND PROGRESS STEADILY DAY BY DAY TOWARD THE GOAL OF REALIZATION.

THE sublimest heights toward which our soul aspires are but the accumulated vision of its experience in its upward flight, plus the idea of its potential perfection in Christ.

Set a high standard for yourself and see that every thought and act conforms to it. Your aspiration cannot be too great. Your goal cannot be too lofty. Yet in aiming high and claiming that which you see as a divine possibility remember to keep your feet firmly planted on the rock of practical accomplishment.

There is a divinity within you that brings to pass your dreams and ambitions and aspirations, and it is well to envision that which uplifts and blesses. When you do so in the understanding that God's will is the highest thing for which you can pray, your human aspirations become divine realizations and are demonstrated in joy and order.

• *I will lift up mine eyes unto the hills, from whence cometh my help.*—PSALMS 121:1 (A. V.).

THE LIGHT OF GOD FILLS MY BODY WITH PERFECT HEALTH.

MAN'S BODY is the embodiment of his thought. Those who believe in disease darken the body by the outpicturing of their adverse beliefs. Those who have spiritually discerned that the body is the temple of the Holy Spirit illumine it with glorious light.

We redeem the body from disease when we redeem it from adverse consciousness. When the belief in disease no longer exists in the consciousness, disease no longer inhabits the body. Then the heavenly light radiates from the very center of our being and transmutes the body into a heavenly and perfect body.

Let the light of God so shine throughout your body that its millions of little physical cells may be cleared of all stagnation and darkness. Be no longer dual minded, believing in disease and health. If you keep the eye of the mind single to the truth, only health can exist for you.

❦ *The lamp of the body is the eye: if therefore thine eye is single, thy whole body shall be full of light.* —MATT. 6:22.

Wednesday JANUARY 4

I DO MY WORK WITH JOY AND GLADNESS.

THE WAY a person does his work determines whether it is labor or joy. If he looks upon the task assigned him as irksome and disagreeable, he blinds his vision to the good that is there. Instead of thinking of himself as working for man he should work for God.

A person works for man when his actions are based on how little his employer expects or on how little others are doing. Thus comparing himself to others, he gives only so much of himself as is demanded. But he works for God when he works as if God alone were his employer. He does not gauge his efforts by standards set by others but by the best of which he is capable.

Thus working for God, he gives himself wholeheartedly to every task, and he finds at once a sense of great joy and well-being coming from a knowledge of work well done. As he continues to act from this standpoint the inevitable law of good attracts to him the prosperity he has fitted himself to receive.

• *And in every work that he began . . . he did it with all his heart, and prospered.*—II CHRON. 31:21.

Thursday

PEACEFUL OF SPIRIT, I RADIATE PEACE AND LOVE TO ALL THE WORLD.

THROUGHOUT the world there is a great need for peace. We who have found the Christ within and gained some measure of His light share a great responsibility. For we can pray for peace. We can make our every thought contribute to peace.

We can make ourselves one with that Prince of Peace whose benison of good will is over all the earth. To dear ones, to neighbors, to all we chance to meet this day we can give love that will rouse love everywhere, forge a link in a chain of love around the world. When peace and love rule in our life, our body reflects health and harmony, our mind freedom and wisdom, our affairs order and prosperity.

Blessed is peace, and blessed is every man who seeks it and seeks to bring it forth into the world. Make this day your day of peace; consecrate it to that cause. Let peace and love work in you and through you to bless others.

♣ *The fruit of righteousness is sown in peace for them that make peace.*—JAMES 3:18.

GOD GIVES ME A CONQUERING SPIRIT WITH WHICH TO MEET EACH SITUATION COURAGEOUSLY.

HE who trusts in God's help approaches the experiences of life victoriously, in a triumphing attitude. He is serene and unshakable in the assurance that good will be manifested in spite of any obstacle. Being upheld by his conquering Spirit, he looks upon difficulties as insignificant.

Be courageous about life, and refuse to allow appearances to discourage you. Remember that you are superior to all that you meet; that within you abides a power capable of solving any problem.

Look upon life as a chance to prove God's saving power. Think of obstacles not as shackles but as high challenges to a serene trust in God's power. Every difficulty overcome strengthens you anew and gives indomitable assurance of His presence. Your consciousness of strength meets every situation victoriously.

• *Be . . . patient in tribulation; continuing steadfastly in prayer.*—ROM. 12:12.

FATHER-GOD, ESTABLISH ME IN MY OWN WORK. I THANK THEE.

CERTAIN tasks are inherent in human living. One of them is that of finding employment, the rich employment. Believing in a heavenly Father, you expect to receive His help in the matter, for His bounty is included in the very nature of His office.

When seeking light, it is always well to turn to the record of Jesus Christ. He was divinely sure of His job. When only twelve He asked of His puzzled parents, "Wist ye not that I must be about my Father's business?" You too have a work, as definite a work as the Master had, though less in evidence. Through all creation runs a single thread of purpose, unifying all men, providing for all men, allying all men in a common purpose. All are working for God; all are in divine service. Jesus knew this and so was divinely sure of His job. By looking for employment in full consciousness of your holy mission of service you will find your right place.

♣ *We must work the works of him that sent me.*—JOHN 9:4.

Sunday

JANUARY 8

I TURN TO GOD IN LOVE AND FAITH, FOR HE HEARS MY INNERMOST PRAYER.

WHEN you turn within in prayer, remember that it is not the words you use but the thoughts behind the words that are important. Not the syllables on your lips, but the faith in your heart and the love in your life make prayer effective. God is concerned with the earnest sincerity behind the words you use in addressing Him; His love embraces all who turn to Him.

Prayer is the stillness to which each individual retreats to unfold his divine self. Some find the real self by using certain words; others need no words at all. Prayer is far more than words; it is the silent speech of the soul of any man who tries diligently to make himself one with God.

If your heart is filled with faith and your life with love, you may rest assured that your prayers are heard, no matter in what form you couch them. God hears your inmost thoughts. You do not have to speak at all. Your faith and love speak for you.

♣ *The eyes of the Lord* are *over the righteous, and his ears* are open *unto their prayers.*—I PETER 3:12 (A. V.).

REALIZING THE DIVINE POSSIBILITIES IN MY OPPORTUNITIES, I ACT UPON THEM.

MANY persons think in a rather vague, negative way: "Oh, if I just had the opportunity to do this or that, to study or meditate, to do some worth-while work, to achieve something great in the world." But they are not willing to make, and do not make, the most of the opportunities right at hand.

As you enter into the understanding of the word for today, feel a new surge of activity in mind, body, and affairs, and be alert to the good that is yours in the form that you can use now.

Realize the opportunity you have to express your divine self by being that self in thought and act. Share something with your family and your neighbors, with the newsboy, the conductor on the bus, the passenger sitting next to you, your co-workers, your firm; and do what is nearest your hand to do.

The divine possibilities of activity in the opportunities that are near, if acted upon, develop in an amazing degree and fill the world with blessings.

♣ *As we have opportunity, let us work that which is good toward all men.*—GAL. 6:10.

GOD IN ME IS MY LIGHT AND MY UNDERSTANDING.

IN ORDER to have spiritual understanding man must first realize that he has capacity for it. When he acknowledges that it is natural and right for man to have full knowledge of the Infinite, he is but confirming his own ability to enjoy infinite understanding. Man is the manifestation of God within and, in His likeness, is all-wise and all-knowing.

To believe in the presence of God as Divine Mind in you is to identify yourself with all light and knowledge. Man is primarily mind and is necessarily unlimited mentality. He takes his God-given dominion first through consciousness, and consequently must have full possession of all truth.

Begin today to rise out of the belief that by nature you are limited in understanding. Never think or say that anything is too difficult for you to comprehend. Think at all times of man as capable of knowing all truth. Learn to rely upon the light of God within you.

♣ *God . . . shined in our hearts, to give the light of the knowledge.*—II COR. 4:6.

I AM THE FREE AND MASTERFUL SON OF GOD, HERE AND NOW.

YOUR freedom from adversity, your dominion over all things, rests with you. You possess freedom and dominion when you perceive in consciousness your spiritual right to them. When your heart is filled with a knowledge of God and of your relation to Him, then you know that all His blessings are yours as His son. Your hands are filled with the fruitage of God's promises.

Learn to think of yourself as free and masterful. Always specify these conditions as here and now existent. Today take up any special problem that you may have and work it out in the positive assurance of your dominion over it. Do not be indifferent to what you should overcome. Take up your problem and solve it. Use this high consciousness that you are building. Your study of Truth is for a purpose, that of freeing you from negative beliefs. You have power here and now to do all things. Transform your affairs through changing your consciousness about them.

Now are we the sons of God.—I JOHN 3:2 (A. V.).

Invitation to New Yea

Priscilla Dunnen

For you, New Year, with joyous song my heart is
As invitation for your hours and moment to abid
To bring to me the blessings that are promised by
My life to fill unceasingly with joy and love and p

O glad New Year, I have no grant to ask of you s
Let me be brave and strong and true from dawn t
Give me the grace to see God's will all though th
To walk straight through the shadows till I find t

To you, New Year, I give my best in loving grati
For all the beauty and the joy your newborn days
So let us walk in friendliness and keep God's star
And we shall find new faith and cheer before you

n to the Year

Dennen

ng my heart is open wide
oment to abide,
e promised by your days,
and love and praise.

to ask of you save one:
e from dawn to setting sun;
all though the darkest night,
ws till I find the morning light.

n loving gratitude
newborn days include.
eep God's standard high,
eer before you have passed by.

Thursday

JANUARY 12

I LET THE LOVE OF CHRIST EXPRESS ITSELF THROUGH ME IN LOVING FORGIVENESS.

THE WORLD'S outstanding example of forgiveness is Jesus, who freely forgave all who bitterly mistreated Him. The mastery He showed in rising above the normal tendency to resent persecution came from the all-powerful Christ love, freely expressed at every opportunity. Because of this great love He could look past apparent cruelty and see that every one, even though sometimes ignorantly acting against the good, was His brother or sister. Loving each with infinite tenderness, He could look upon him as the mother looks upon her babe when it unknowingly does wrong.

Resentment of wrongs done one by others is in itself ignorance. When we know a measure of the love of Christ, we drop resentment and replace it with forgiveness. To forgive is to love, and to love is to let the Christ Spirit have first place in our life. Healed by love, resentment cannot endure in the presence of the forgiving love of Christ.

• *Love is of God; and every one that loveth is born of God, and knoweth God.*—I JOHN 4:7.

BY BEING TRUE TO GOD I AM TRUE TO MY HIGHER SELF, AND I AM LED ARIGHT IN ALL THAT I DO.

LET THIS lesson be for you the declaration of your spiritual independence. If you have been paying too much attention to the thoughts and desires of other people, you should realize that God is the only one whose good opinion you need.

As you read this lesson put out of your mind all thought of care and responsibility. Keep in mind only the knowledge that the peace of God surrounds you and you can rest in it, that the wisdom of God guides you and you can trust in it, that the love of God illumines you and you can rejoice in it.

Instead of letting cares dominate your mind begin now to assert your real self and to be true to it. Let go of all worry and anxiety; let go of the world. When you are true to your own inner convictions, to the voice of God within, you will always do that which is right.

♣ *Who is he that will harm you, if ye be zealous of that which is good?*—I PETER 3:13.

ACCEPTING THE TRUTH OF GOD'S LOVE FOR ME, I LIVE IN SERENITY.

SERENITY is one of the most beautiful words in our language. That is fitting and natural, for serenity is a most beautiful quality. There are persons who retain serenity under all circumstances. How do they accomplish it?

Such serenity or steadfastness rises from an understanding and a conviction that divine love is always blessing all lives with as much good as they are capable at the moment of containing. Divine love and divine law are the same force. Always they are working to return to us the very happiest results from the materials of thought and act that we furnish them; always they are leading us toward our kingdom of the heavens.

When we perceive and become convinced of this eternal force leading us to our good, we see there is no reason for worry. Our only thought is to make ourselves receptive to our good, to become increasingly identified with the serene love of God.

♣ *Live in peace: and the God of love and peace shall be with you.*—II COR. 13:11.

I DILIGENTLY CONSECRATE MYSELF TO DISCOVER GOD'S UNFAILING HELP.

THE ORIGINAL purpose of the Sabbath was to provide a period during which people might turn away from too close attention to superficial values and find refreshment in spiritual realities. Such refreshment cannot come however by the mere observance of a day, but comes only by the earnest seeking of the heart. Through consecrated effort to find reality the strengthening power of Truth is discovered, and its restoring power is expressed in every aspect of life.

Let us make of this period of consecration a time of interest devoted to God, to His will of good, and to our heritage of transcendent joy. Leaving behind every thought of a world of difficulty, we realize the actual presence of a world of peace and heavenly delight. Loving good intently, we find it no difficulty to cease every thought about that which does not conform to perfection.

Our deep, earnest, abiding love for the perfect and the good uncovers good in every experience.

❦ *He is a rewarder of them that seek after him.*—HEB. 11:6.

Monday JANUARY 16

I AM ALERT THIS INSTANT TO THE PRESENT REALITY OF GOOD.

THERE is one moment of utmost importance in a person's life, a moment containing possibilities rarely dreamed of, a moment of great joy and happiness. That moment is the open door to progress, the one moment upon which the course of life depends. No other time is quite so significant; for only during that moment is life truly lived. When one gains the full import of that moment and awakes to the good it contains, one finds the way of life.

That moment is not a time to come. It is the present instant, the now. It never fades into the past nor does it reach into the future. *Now* continues forever. This is the moment to be fearless, to accept new opportunities, to love and forgive.

This ever-continuing moment we call *now* is replete with unending good. As we become alert to its riches we pierce the covering of dullness we may have seen and discover our unfailing good.

♣ *Live thus, realizing the situation, that it is now high time to rouse yourselves from sleep.*—ROM. 13:11 (Weymouth).

I HAVE FAITH IN MY WORD OF TRUTH.

MAN pronounces for himself either health or disease. Through his word he names and manifests good or "evil." Through faith he holds persistently to his word until it becomes manifest.

To have faith in your word of Truth, several things are necessary. First, know that what you speak is absolutely true. If you do not believe that man in reality is perfect, your word for health will be weak. Secondly, know that when you speak the word of Truth, it is backed by Omnipotence. From the depths of superconsciousness the very power of God will rise. Thirdly, keep yourself out of the way; do not limit the situation by personal doubts or worries. Fourthly, make your faith so strong that you see the thing finished.

Man truly becomes an overcomer when through the right use of words he reconstructs his consciousness. The Truth student who thinks and speaks constructive words is the one who is able to overcome and transform conditions.

♣ *Whosoever . . . shall believe that what he saith cometh to pass; he shall have it.*—MARK 11:23.

Wednesday JANUARY 18

BEING A SON OF ALMIGHTINESS, I INHERIT PEACE, JOY, FREEDOM, AND BOUNTY.

AN ILLUMINED writer has said that we should feed and nourish our soul with high notions of God. As we gain a sense of God's mightiness, His intimate nearness, His compassionate love, His peace beyond understanding, we lose our fear of circumstances or people. Trusting sincerely in God, we perceive that invincible almightiness is our guide through life and that lesser influences are as nothing.

Jesus said, "Call no man your father on the earth; for one is your Father, *even* he who is in heaven." That is, you are not to think that your heritage is physical, from an earthly parent. Your heritage is from heaven. You are a son of God, an heir to immortality and boundless good.

Think of yourself as a spiritual being unfettered by any material condition. You have nothing to do with thoughts of weakness or insufficiency because you are God's beloved child.

* *Behold, I have given you authority . . . and nothing shall in any wise hurt you.*—LUKE 10:19.

"THY WORD IS A LAMP UNTO MY FEET, AND LIGHT UNTO MY PATH."

THE WORD of God is the Christ in expression —His divine idea for man. Jesus the Christ came bringing and giving to man the perfect pattern for living. His plan for your individual life is revealed as you seek within for divine guidance. To follow His teachings is to dwell always in the light of Spirit wherein is the solution to your every problem.

When the word is realized as a lamp to the feet and a light on the path, the way before you is made clear. As you see by the shining light of the Christ at the center of your being, you know the way that you should go, the step that you should take. There is no darkness now and you cannot stumble, for you walk the radiant way of Truth, knowing, "Thy word is truth."

Every day thank your heavenly Father for an illumined consciousness, an alert mind, and a heart receptive to the guiding word, and you will be led along paths made light by the Christ indwelling.

♣ *I am the way, and the truth, and the life.*—JOHN 14:6.

Affirmations

USED BY THE ***Society of Silent Unity*** . . . . . .

JANUARY 20 TO
FEBRUARY 19

ILLUMINATION . . .
"Thy word is a lamp unto my feet, And light unto my path."

+

HEALING . . . ***By Thy light and life I am strengthened and healed.***

+

PROSPERITY . . . ***"Every good gift and every perfect gift" cometh from above, from the Father of light, and I am in all ways prospered.***

BY THY LIGHT AND LIFE I AM STRENGTHENED AND HEALED.

STRENGTH and wholeness spring forth speedily in the one who is aware of his eternal connection with the light and life of God. No matter what may be the condition needing correcting, the light and life of God are mighty to establish order and perfection.

Do you feel that you would like to have an enlarged life consciousness accompanied by the blessing of harmonizing peace throughout your being? The way to attain this good is to accept on faith the light, life, strength, and wholeness that God has willed for you since the beginning, and bask in the realization of harmony and perfection.

There is great gladness in the understanding that God's conquering Spirit has been placed within you and manifests itself as you realize its presence. The body that He created as a fitting temple for His Holy Spirit becomes that which is visioned for it, and you now see yourself as that which you are desirous of expressing: the Christ of God.

♣ *I will strengthen thee; yea, I will help thee.*—ISA. 41:10.

Saturday

JANUARY 21

"EVERY GOOD GIFT AND EVERY PERFECT GIFT" COMETH FROM ABOVE, FROM THE FATHER OF LIGHT, AND I AM IN ALL WAYS PROSPERED.

HAVE YOU ever thought of the gifts that have been showered upon you by your earthly father or some other person who loved you very dearly and considered how much joy and pleasure they brought you and the giver despite their seeming impermanence?

If so, then think of the "good and perfect" gifts that come to you from your heavenly Father, and rejoice in the realization that with these gifts you are in all ways prospered.

Your prosperity includes not only the spiritual substance from which it was created but also the tangible form in which it can be most useful to you, as well as the understanding of how to use it wisely and well.

Open your heart not only to receive but to give forth; for the gifts that you share bring joy all along the way and return to bless you with infinite increase in service and substance.

♣ *Ye shall receive of me gifts and rewards.*—DAN. 2:6.

MY HEAVENLY FATHER IS MY SALVATION FROM EVERY DIFFICULTY.

THOSE who trust God in time of need place their faith in invincible power that has endured throughout all time, and they have never failed in any righteous endeavor. Relying on God, we are assured of release from limitation.

Because God alone is the power supreme, we should trust Him fully by releasing our problems into His care. He to whom nothing is difficult has ways to help that are swift and sure, overcoming time and space and all human limitation.

It is often a disadvantage to attempt to imagine the precise way in which God will meet our need and solve our problem. How He performs His saving work is of little importance when we know that He will do it somehow. In the midst of lack He is our bountiful supply. In illness He is the Great Physician, healing where all else fails. At all times His mighty power is with us to bear us up. Let us trust Him with our whole heart to help us perfectly in His divine way.

♣ *Stand ye still, and see the salvation of Jehovah with you.*—II CHRON. 20:17.

GOD'S WILL FOR ME IS DIVINE ORDER IN MY MIND, BODY, AND AFFAIRS.

UNLESS you grew up in Truth, you probably remember a time when you thought the phrase "divine order" meant a sort of divine discipline. Now that you live by the higher law however all this is changed.

Unhappiness and inharmony are never in divine order. God's law of love entails no hardship for you; on the contrary, it includes all the good that you can ever need or desire.

When you try to establish yourself in perfect health you are working with divine order. When you give your associates your utmost in good will and co-operation you are an aid to another phase of divine order. When you come into the understanding of God's bounty and so enjoy real prosperity, you are helping divine order to prevail. When you put off the finite and put on the Christ perfection even as Jesus did, divine order will always prevail so far as you are concerned.

♣ *Behold now, I have set my cause in order.*—JOB 13:18.

GOD'S WILL IN ME IS PROSPERITY AND ABUNDANCE.

POVERTY is no longer considered a virtue. Students of practical Christianity accept God as their unfailing resource, just as they accept God as their life and their strength. We find God through the consciousness of fullness, not through a consciousness of lack.

Your highest desires are but the desires of your own indwelling Spirit coming into fuller expression. The will of God in you is always for your highest good and for your fullest supply. Many people retard and limit their prosperity by denying that they should have plenty. You must know the will of God in you and expect your prosperity before you can bring it into visibility.

Do not think or talk about limited finances. Do not speak of any person or condition as influencing or limiting your supply. Recognize but one will, the will of God in you. Keep attuned to His all-powerful will. Know that it is a power that brings you bountiful prosperity. Keep your consciousness open and receptive to prosperity.

• *Our sufficiency is from God.*—II COR. 3:5.

Wednesday JANUARY 25

I BLESS AND APPRECIATE AND CONSERVE THE GOOD I HAVE RECEIVED FROM GOD.

MANY wealthy persons are very careful with their money, with all their possessions. This however may imply a virtue instead of a fault. Jesus increased five loaves and two small fishes to feed five thousand persons, yet the fragments remaining were collected at His order. Although infinite bounty was at His command, He took care of what He had received.

If you truly appreciate the bounty of God, you know your obligation does not end with receiving it. You need to give thanks, to bless, to use wisely and conserve what is left. This is both a pleasure and a beckoning to greater good. The law of love holds throughout the universe. Even as you prefer to associate with the friends who appreciate you most, so the bounty of God flows most freely to him who appreciates it with greatest sincerity.

You are blessed in caring wisely for what the Father has given you.

Bless Jehovah, O my soul,
And forget not all his benefits.
—PSALMS 103:2.

I FILL MY MIND WITH BEAUTIFUL AND JOYOUS THOUGHTS, AND MY LIFE IS MADE JOYOUS AND BEAUTIFUL.

THE MIND is always active; never for a moment whether we wake or sleep does it cease its work. Every second it seizes upon some new thought, new sight, new experience. You can see how necessary it is to supply it the right kind of thoughts and experiences.

You must constantly give your mind beautiful, useful, joyous things with which to work, for it is bound to work upon whatever you give it. If you do not give it the right kind of material, it will take up, or even build up, false ideas.

Quicken your awareness of the interesting things happening to you and around you all the time. Quicken your appreciation of the beautiful things with which the world is filled. Turn your mind to the Christ mind within you. This mind is the essence of energy. In it you will find poise, purposefulness, vitality, and such joy in living as you have never known before.

♣ *Deck thyself now with majesty and excellency; and array thyself with glory and beauty.*—JOB 40:10 (A. V.).

Friday

JANUARY 27

IN THE PRESENCE OF GOD I WALK SECURE, FOR I KNOW THAT HE GUARDS AND GUIDES ME.

IF WE abide in the presence of God, nothing can molest us. We are secure in the midst of confusion, and our affairs are divinely adjusted. We can possess the peace of mind and safety of person that Jesus had when He was caught in the storm on the Sea of Galilee.

God protects His children who have attained the consciousness of His infolding presence. Silent Unity has received hundreds of letters from those who have passed undisturbed through storms and floods, divinely protected.

It does not matter how chaotic outer conditions may seem; secure in the presence of God, we can maintain inner peace and composure. And when we have a tranquil mind, no inharmonious experience can have any power over us. To know that we are in the presence of God gives us the ability to walk unalarmed in the midst of danger and to bring succor and peace to those who are afraid.

He is my refuge and my fortress;
My God, in whom I trust.
—PSALMS 91:2.

GOD IS MY SUSTAINING LIFE, AND I AM EVER CONSCIOUS OF HIS DIVINE POWER FILLING ME WITH VIGOR AND VITALITY.

JESUS knew that God was His sustaining life. He knew that life to be eternal and never ending. Continually conscious that His life was from God, He had a powerful conviction that He was linked eternally with infinite power and divine completeness. Vitally aware of this eternal link binding Him to God, He was fearless and sure in the face of every danger.

You have the same life as Jesus. In very truth God is the strength of your life. The life that gave Him invincible life is yours now. No matter who you are or what you have been in the past, your life is from God. Nothing can take you out of His care, His strengthening influence.

Remembering that our life is actually from God, we need never experience any sense of weakness or lack of vitality. Knowing God, we can express the life more abundant. The energy of never-ending life is ours to enjoy day by day.

♣ *The Lord* is *the strength of my life; of whom shall I be afraid?*—PSALMS 27:1 (A. V.).

I LIVE IN HEAVEN. NO INHARMONIOUS CONDITION HAS POWER TO DISTURB MY LIFE.

HEAVEN is not some distant locality, nor is it a condition to be made manifest in the future at God's appointing. Heaven is hidden before our eyes, and we shall see its beauties and experience its loveliness only as we learn to lay hold on the divine consciousness, the divine attitude toward all that we contact.

The human consciousness or attitude toward life inclines us to believe that all is dismal and dark, full of imperfection. The divine consciousness reveals that appearances are not to be believed and that joyous good is ever present, a tangible reality.

The Christ way of living, thinking, and acting is the key to beholding heaven. Diligently following this way, we express the Golden Rule and at all times endeavor to be true to the best that is in us. Sincerity in well-doing leads us surely to the fullness of the heavenly consciousness, where peace and joy endure.

♣ *Blessed are the pure in heart: for they shall see God.* —MATT. 5:8.

I BLESS ALL PERSONS IN THEIR LIVING, FOR I KNOW THEY ARE LEARNING TO EXPRESS CHRIST.

ALL PERSONS are on the way to expressing the Christ. When we hear some one making claims of spiritual qualities that he is not yet manifesting, we may know he is being stirred by his innate knowledge of his divinity and by his obligation to express it. He is not guilty of hypocrisy however, for nobody can pretend to be better than he is in his real, divine self.

In Truth there are no hypocrites. A person may claim in his spiritual capacity more than he is at the moment prepared to demonstrate. His early attempts at expressing his higher self may not be graceful or consistent, yet they represent an effort to express God and are therefore worthy of all commendation. By recognizing his true desire and declaring it for him in Truth, we speed him on his way to the demonstration of his true Christ greatness.

♣ *But the wisdom that is from above is . . . full of mercy and good fruits, without variance, without hypocrisy.*—JAMES 3:17.

MY VISION IS STAYED ON GOD.

SINCE THE body and the affairs are but the expression of what man has imaged through consciousness, it is necessary that he cast from mind all adverse and vain images. As long as the camera of the mind images man as evil or diseased it cannot image him as he is in absolute truth—perfect and whole. Nations rage when "the people meditate a vain thing." The body consciousness is thrown into a state of fever when the imagination works adversely.

Man cannot have other gods, make graven images of them, and be true to the One. If he recognizes fear and hate and disease as having presence and power and reality, his consciousness imprints these "inventions" and graven images of adversity upon his body and his affairs.

Let us cast from consciousness every vain imagination about ourselves and our affairs. In this way we become true to one Mind, one God. Let us make our images conform to the principle of Truth.

♣ *Thou wilt keep* him *in perfect peace,* whose *imagination* is *stayed* on thee.—ISA. 26:3 (marginal rendering).

New Series to Begin in Unity

"Open That Door" is the title of the new seven-part series of articles by Stella L. Terrill that is to be published in UNITY magazine beginning in February.

The author believes that most human desires come under five general heads: health, wealth, love, self-expression, and happiness. These she calls life's treasures, and she tells you just what key will unlock the door of the treasure that you seek.

Begin the new year with a subscription for UNITY and give yourself the benefit of this splendid series. UNITY for twelve months is $1.

A Blessed Thing to Share Truth with Others

Members of the Help-One-A-Month Club have experienced the joy and blessing that comes from sharing Truth with others, and that is why they continue to send one gift subscription a month to some new reader. Would you like to have a part in their work? If so, just send a card saying that you wish to join the club and let UNITY DAILY WORD be your first gift subscription. Address your card to the Help-One-A-Month Club, 917 Tracy, Kansas City, Mo.

Opportunities Await You

• You stand at the threshold of a new year. It holds rich opportunities for service and advancement. Make the most of these opportunities by letting Truth have a definite part in your daily life.

• The Prosperity Bank drill offers one of the best ways of putting Truth into daily practice. It will help you to strengthen your faith in God and in your own abundant good. Send for a Bank today, and as you practice the drill, save a little each day for the purpose of sending UNITY DAILY WORD to others. While you are doing this, Silent Unity will pray with you to help you make this the best year of your life.

Unity School of Christianity, 917 Tracy, Kansas City, Mo.

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Leave Old Mistakes Behind

This book helps you find new health, happiness, and wealth

Frank B. Whitney wrote *Beginning Again* to show you how to take a new hold on life. He tells you how to set aside old patterns of failure and replace them with patterns of success . . . with friends and laughter . . . with freedom from money worries . . . with glowing health.

The seven chapters give you definite, positive steps to take. They show you how to begin over and rebuild your life.

This year declare your freedom from the limitations of the past. If you do not have a copy of *Beginning Again,* mail an order for one now and let it point out how to do this. It is just $1 in cloth binding; $2 in flexible binding.

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Daily Lessons for January

1—Today. 2—Aspiration. 3—Health. 4—Work. 5—Peace. 6—Courage. 7—Employment. 8—Prayer. 9—Opportunities. 10—Light. 11—Mastery. 12—Forgiveness. 13—Guidance. 14—Serenity. 15—Sabbath. 16—Alertness. 17—Word of Truth. 18—Inheritance. 19—Illumination. 20—Healing. 21—Prosperity. 22—Salvation. 23—Divine Order. 24—Plenty. 25—Conservation. 26—Beauty. 27—Protection. 28—Vitality. 29—Heaven. 30—Hypocrisy. 31—Vision.

FEATURES

I Walk in Newness (Poem)

Beginning Again

In Appreciation

Meditation

Morning (Poem)

Invitation to the New Year (Poem)